



A Nutrition Resource

# Popped Sorghum

**Yield: 2 Servings | Serving Size: 1/2 of recipe**

**Ingredients:**

- 2 teaspoons oil of choice, if desired
- ½ cup whole grain sorghum
- Salt or seasoning of choice

**Directions:**

- 1) Heat a stainless-steel pot with a tight-fitting lid over medium heat.
- 2) Add oil if desired. When hot, add grain sorghum and cover with a lid.
- 3) Shake pot often to prevent burning.
- 4) When there are more than 10 seconds between pops, remove from heat.
- 5) Sprinkle lightly with salt or toppings of choice.



<b>Nutrition Facts</b>	
2 servings per container	
<b>Serving size</b>	<b>1/2 Recipe</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>200</b>
<small>% Daily Value*</small>	
<b>Total Fat</b> 6g	<b>8%</b>
Saturated Fat 1g	5%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 35g	<b>13%</b>
Dietary Fiber 3g	11%
Total Sugars 1g	
Includes 0g Added Sugars	0%
<b>Protein</b> 5g	<b>10%</b>
<small>Not a significant source of vitamin D, calcium, iron, and potassium</small>	
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

*This material was provided by Whole Grains Council:  
<https://wholegrainscouncil.org/recipes/popped-sorghum>*

**Buy Eat Live Better Nutrition Education Program | [www.montana.edu/extension/buyeatlivebetter](http://www.montana.edu/extension/buyeatlivebetter)**

This Institution is an equal opportunity provider. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP. This work is supported by the Expanded Food and Nutrition Education Program (EFNEP) from the USDA National Institute of Food and Agriculture. USDA is an equal opportunity provider, employer, and lender. Montana State University Extension is an ADA/EO/AA/Veteran's Preference Employer and Provider of Educational Outreach.



**Find us on Pinterest**  
[pinterest.com/buyeatlive](https://pinterest.com/buyeatlive)



**Find us on Facebook**  
[facebook.com/buyeatlivebetter](https://facebook.com/buyeatlivebetter)



**MONTANA STATE UNIVERSITY**

**EXTENSION**